

Toilet Talk

WHAT IS MENTAL HEALTH?

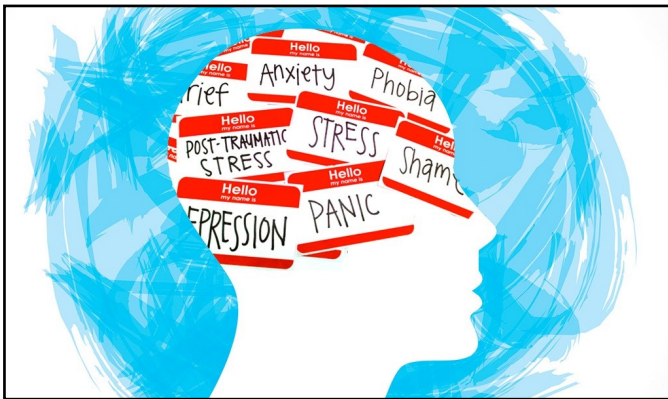
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood to adolescence to adulthood.

Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common, but HELP IS AVAILABLE.



DEER OAKS

EMPLOYEE ASSISTANCE PROGRAM:

The Employee Assistance Program (EAP) provides **free** and **confidential** assessments, short-term counseling, referrals, prevention, and education services for you and your family (all members within your household).

How can the EAP Help?

A trained counselor is available **24/7, 365** days of the year to help you and your family cope with life's stressors so that you can live a happy, productive lifestyle.

What types of problems does the EAP Cover?

- Stress, Tension, Anxiety
- Depression, Grief
- Anger Management
- Marital/Family Problems
- Work-Related Difficulties
- Legal/Financial Concerns
- Health and Wellness Issues
- Trauma Recovery
- Substance Abuse...and more!



EAP Services:

- Assessment & Short-term Counseling
- Crisis Intervention
- Community & Health Plan Referrals
- Online Tools, Tips & Articles
- Work/Life Balance Coaching
- Child Care/Elder Care Resources
- Retiree Assistance Program
- Legal & Financial Consultations
- Substance Abuse Services
- Health & Wellness Education
- Take the High Road Program



How Can the EAP Help Me Balance Work and Life?

- Increase your morale and well-being
- Stay focused on your goals
- Achieve a health balance in your life
- Establish positive relationships
- Remain productive and efficient
- Decrease your overall stress level



DEER OAKS EAP SERVICES:

EAP Hotline (866) 327-2400

Email: eap@deeroaks.com

Website: www.deeroakseap.com